

# The Coracle

St Davids Cullowhee



February 26, 2017

Called to embody God's love by welcoming everyone who enters and by empowering all who stay to make a difference in the world.

## Calendar

Sun	Feb 26	Epiphany 8, <b>St. David's Day Celebration</b> Soup & Bread Supper 5 pm
Wed	Mar 1	St. David's Day, Ash Wednesday Service 5:30 pm
Sat	Mar 4	Monthly Mindfulness 10 am
Sun	Mar 5	Lent 1
Tue	Mar 7	Accessible Mindfulness 10 am
Sun	Mar 12	Lent 2, Rice & Beans Sunday
Tue	Mar 14	Vestry Meeting 5:30 pm
Sun	Mar 19	Lent 3
Tue	Mar 21	Accessible Mindfulness 10 am
Sun	Mar 26	Lent 4, Soup & Bread Community Supper
Sat	Apr 1	Monthly Mindfulness 10 am
Sun	Apr 2	Lent 5
Tue	Apr 5	Accessible Mindfulness 10 am
Sun	Apr 9	Palm Sunday
Tue	Apr 11	Vestry Meeting 5:30 pm
Sun	Apr 16	Easter
Sat	Jun 3	Cold Mountain Music Festival at Lake Logan
Fri-Sun	Jun 9-11	Chad's Yoga Retreat Banner Elk
Mon-Thu	Jun 26-29	Vacation Bible School, Cullowhee Methodist Church

## Serving this Sunday

Chalice:  
 Reader: Wesley Satterwhite  
 Coffee: ALL  
 Music: Lillian Pearson  
 Readings: [Exodus 24:12-18](#),  
[2 Peter 1:16-21](#), [Psalm 2](#),  
[Matthew 17:1-9](#),

## Serving during February

Bread: Jane Coburn  
 Flowers: Charles Pringle  
 Linen: Margot Wilcox  
 Eucharist: Linda Kinnear & June Smith  
 Greeters: John & Gracia Slater

**Childcare is available during the church service.**

## Would You Like a Visit from the Rector?

Michael would be happy to visit; just let him know in person or by email [stdavids1879@gmail.com](mailto:stdavids1879@gmail.com).

<b>Regular Activities</b>	Mondays 7:25 am	Mindfulness Meditation
	Mondays 9-10:30 am	Centering Yoga
	Mondays 10:30 am	Cullowhee Men's Group
	Tuesdays & Thursdays 6:30 am	Sunrise Strength Flow Yoga
	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesdays	Accessible Mindfulness
	1 <sup>st</sup> Saturdays 10 am	Monthly Mindfulness
	Last Sundays 5-7 pm	Soup/Bread Community Supper

## St. David's Day Celebration This Sunday

St. David's Day is March 1<sup>st</sup>, but we will celebrate it this Sunday. Think daffodils and leeks and plan to bring something special to share at Coffee Hour.



## **The Gospel** **Matthew 17:1-9**

Six days later, Jesus took with him Peter and James and his brother John and led them up a high mountain, by themselves. And he was transfigured before them, and his face shone like the sun, and his clothes became dazzling white. Suddenly there appeared to them Moses and Elijah, talking with him. Then Peter said to Jesus, "Lord, it is good for us to be here; if you wish, I will make three dwellings here, one for you, one for Moses, and one for Elijah." While he was still speaking, suddenly a bright cloud overshadowed them, and from the cloud a voice said, "This is my Son, the Beloved; with him I am well pleased; listen to him!" When the disciples heard this, they fell to the ground and were overcome by fear. But Jesus came and touched them, saying, "Get up and do not be afraid." And when they looked up, they saw no one except Jesus himself alone.

As they were coming down the mountain, Jesus ordered them, "Tell no one about the vision until after the Son of Man has been raised from the dead."

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### **Soup and Bread Community Supper** **Sunday February 26<sup>th</sup>, 5-7pm**

As always, ALL in the community are welcome! Invite friends! Donations will be accepted for The Community Table

If you are planning to bring soup and/or bread, please contact Wesley Satterwhite at [wesleysatterwhite@hotmail.com](mailto:wesleysatterwhite@hotmail.com) or (828) 200-4363. You do not have to bring soup to:



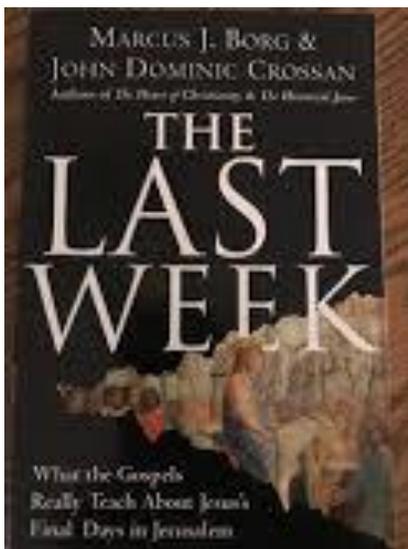
**Come! Eat! Enjoy!**

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### **Lenten Study Group**

March 12<sup>th</sup>, 18<sup>th</sup>, and 26<sup>th</sup>, 2017, 9:30 am

***The Last Week: What the Gospels Really Teach About Jesus's Final Days in Jerusalem***  
by Marcus J. Borg and John Dominic Crossan



From the preface: This book is about the last week of Jesus's life. It is a week of extraordinary importance for Christians, and because of its centrality for Christians, how this story is told matters greatly. What was the last week of Jesus's life about? And because this story is seen as revelatory, as speaking to us today, what IS it about?

Borg and Crossan set out to "retell a story everyone thinks they know too well, and most do not seem to know at all." The result is gripping and very timely for many who will be slowing down this Lenten Season to find a deeper meaning to our activism and our work.

Please join us in the Parish Hall on the Sundays listed above at 9:30 am. City Lights will have the book available at a 10% discount.

Questions, contact Betsy Swift [828-507-1678](tel:828-507-1678) or [bswift4252@gmail.com](mailto:bswift4252@gmail.com)

## Lillian Pearson

By Joan Byrd



When she was in the 8<sup>th</sup> grade, Lillian Pearson began taking organ lessons in order to play for services at a retirement home associated with her church in Miami, Florida. Having studied piano from the age of 5, she was already playing the piano at the church, and a few years later she became the church organist, as well. Since then she has served as organist in virtually every church with which she has been affiliated.

Lillian earned three university degrees in piano performance, culminating in the Doctor of Musical Arts degree from Florida State University. Her two daughters and a son were born in Tallahassee. After her marriage ended in 1987, she taught for a year at a university in Texas before accepting a position at Western Carolina University. Among the first people she met at Western were Bill and Betty Lynn Kirwan, who asked her to give piano lessons to their son, Emmett, then a high school student. Her friendship with the Kirwans led her to begin playing the organ at St. David's, alternating with Nan Watkins, as she does today.

In 2006 Lillian retired from the full-time faculty at the university and moved to Massachusetts, where she became certified as a teacher of the Alexander Technique. Learning to work with the body in order to relieve tension and enhance performance, she focused on the application of the technique to musicians, particularly to pianists. She values the Alexander Technique because "it is very practical but can also deepen both psychological and spiritual awareness."

After more than four years in Massachusetts, Lillian was drawn south by her desire to be closer to her two daughters in Sylva and her son in Tallahassee; the opportunity to see her grandchildren was an added inducement. As a teacher of both piano and the Alexander Technique, she lived first in Nashville and then in Asheville, before returning to Sylva in 2016. She now teaches at WCU as an adjunct faculty member and performs with members of the School of Music.

Professionally trained as both a pianist and a harpsichordist, Lillian enjoys playing the piano collaboratively. She has played in an international flute festival in Costa Rica and performed in China with a flutist with whom she frequently collaborates.

Despite her years of experience as a church organist, she does not consider herself to have reached a professional performance level on the organ. She holds a special place in her heart for the organ at St. David's, which, she explains, "is considered to be a cabinet, or chamber pipe organ. It is quite lovely and, I think, perfectly suited for that space and the nature of the service! It does not have an independent pedal board, which is very convenient for me because baroque repertoire for harpsichord (normally played on piano) can be easily played on this organ."

Lillian takes pleasure in the life of the church. "The community of St. David's is, and for many years has been, very meaningful to me! It is especially meaningful for me to be able to participate in the service through playing. I am very grateful for this opportunity!"



## New Outreach Effort Initiated

The vestry has given its approval to a new outreach project that will benefit the Vecinos Farmworker Health Program. Vecinos is a health care program that works with migrant farm workers in the Western North Carolina region. Farm workers sometimes don't have the necessary resources needed to keep themselves healthy. Vecinos is creating toiletry bags to give to the patients who come to their clinics. These bags include things such as floss, toothpaste, bandages, eye-drops, and other items. Muff Lyons is spearheading an effort to collect needed toiletry items and will have plastic bags and informative flyers available at church on Sunday. Here is a link to a [flyer with more information](#).

### Items Needed in Each Bag:

1 Bar of soap  
2 Pairs of socks  
1 Toothbrush  
1 Tube toothpaste

1 Floss  
1 Tube Athlete's Foot Cream  
1 Box of Band-Aids  
1 bottle Saline eye drops

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## Parish News & Notes

### Birthdays

Feb 26  
Mar 4  
Mar 5

Jeff Neff  
Johanna Vinyard, TJ Walker  
Josh Vinyard

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### Your Vestry at Work

Muff Lyons, Todd Vinyard, Betsy Swift, Margot Wilcox, Michael Hudson, Paul Yanik, Steve Steinbrueck, and Maggie Bowles all spent a Saturday recently focusing on direction for the church in the upcoming months.



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### Vacation Bible School Being planned for June

Cullowhee United Methodist Church would love to work with St. David's again this year to host Vacation Bible School. The dates will be June 26-29<sup>th</sup> from 9 am-noon each morning (Monday - Thursday). The theme this year is Passport to Peru. More information: <https://www.group.com/category/ministry-resources/childrens-ministry/vbs/passport-to-peru.do>

## Swimming Course Offered

It's that time in the season once again! The youth swim refresher course will be offered Monday-Wednesday evenings, March 13<sup>th</sup>-15<sup>th</sup> and March 20<sup>th</sup>-22<sup>nd</sup> from 6:25 to 7:15 pm.

Additionally, this year we are offering a class for adults! This class will be March 13<sup>th</sup>-15<sup>th</sup> and March 20<sup>th</sup>-22<sup>nd</sup> as well. The time is 7:25 to 8:15pm.

If you have any questions, feel free to message me, text or call me at [828-506-6065](tel:828-506-6065), or email me at [kfgraham1@catamount.wcu.edu](mailto:kfgraham1@catamount.wcu.edu)"



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## From the Diocese

### Lake Logan Lecture Series

Lake Logan Conference Center

#### Short Story Selection from Ron Rash Stories

Thursday, March 2<sup>nd</sup> from 10:30 am-1 pm

Lake Logan will be hosting "A Rash of Stories" adapted from the short stories of Ron Rash. The stories will be presented by Barbara Bates Smith and musician Jeff Sebens. The varied selections - humorous and tender as well as suspenseful - have been adapted by Smith from Rash's short stories "Lincolmites", "Burning Bright", "Casualties and Survivors", and "The Night the New Jesus Fell to Earth." [Register here.](#)

#### Selena Einwechter

Thursday, April 6<sup>th</sup> from 10:30 am to 1 pm

Author of *Courage is Abundant in the Abstract* and owner of Tiffany Hill Bed & Breakfast, Selena Einwechter is an inspiration to anyone wanting to transform their dreams into realities. After spending 30 years in corporate America, Selena finally decided to leave and pursue her long-time dream of owning a B&B. She now spends much of her time detailing her faith-based journey to entrepreneurship, and the financial, economic and personal decisions that accompany making big life changes. [Register here](#)

#### Susan Cushman

Thursday, May 4<sup>th</sup> from 10:30 am to 1 pm

Author of *Tangles and Plaques: A Mother and Daughter Face Alzheimer's* (to be published February 2017) Susan Cushman was co-director of the 2013 and 2010 Oxford, Mississippi Creative Nonfiction Conference, director of the 2011 Memphis Creative Nonfiction Workshop, panelist at the 2013 Louisiana Book Festival and the 2012 Southern Festival of Books in Nashville, TN. [Register here.](#)

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### Box Tops for Education

Many of our school-age children are collecting Box Tops for Education. I will put a basket on the counter beneath the white board and if anyone has box tops, they can drop them off in the basket. We will divide them equally among the children.

Meditation Opportunities at St. David's



**Mindfulness Meditation: Mondays 7:25-8:30 am** in the Parish Hall. Our practice is Contemplation of Wise Texts (Lectio), Sitting Meditation, and Informal Dialogue.

**Accessible Mindfulness: 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays, 10-11:15 am.** This is especially geared for those new to mindfulness meditation.

**Monthly Mindfulness:** First Saturday of each month from 10 am until noon in the Parish Hall.

### **Other Meditation Opportunities**

**WCU Mindfulness and Meditation:** Thursdays at 4 pm 224 Bird Building. For details, call 227-7469 and ask for Michelle. To view a flyer, [please click here.](#)

The **Tuesday Meditation Group** meets in the undercroft at St. John's Episcopal Church in downtown Sylva on the **2<sup>nd</sup> & 4<sup>th</sup> Tuesdays at 1 pm.** The format is to meditate for 15 minutes at the beginning and 15 minutes at the end. The inspirational material for the half hour in between will be decided by whoever volunteers to facilitate that week.

**Mindfulness Meditation: 9:15 am on Thursdays** at Sylva Yoga above Lulu's on Main Street in downtown Sylva. Meditation gives students the opportunity to focus on the deep interconnection between mind and body, which can be experienced directly by practice in mindfulness.

#### **St. David's Links and Contact Information:**

Website: <http://www.st-davids.org/> [Lectionary Page 2017](#)

Newsletter editor: Maggie Bowles: [magbowles@gmail.com](mailto:magbowles@gmail.com)

Church phone # and email: 828-331-1427

[stdavids1879@gmail.com](mailto:stdavids1879@gmail.com)

Mailing address: PO Box 152, Cullowhee, NC 28723

[Parish Mailing List \(sign in required\)](#)

[2016 Altar Guild Schedule](#)

[2017 Greeter Schedule](#)

**Diocesan Links:**

[Diocese of Western North Carolina](#)

The Rt. Rev. José A. McLoughlin,  
Bishop

[Diocesan E-Newsletter sign-up page](#)

[Camp Henry Facebook page](#)

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**Jackson County Senior Center**  
**Jackson County Public Library**  
**AARP Foundation**

## **Jackson County Senior Center**

100 County Services Park

(off Highway 116 (Webster Road) near Ingles and SCC in Sylva)

Mondays 10:00 – 3:00

Fridays 10:00 – 3:00

First come, first served

## **Jackson County Public Library Complex**

310 Keener Street (new addition behind historic Courthouse)

Tuesdays 3:00 – 6:45

By appointment only, call library at 586-2016

- **Bring Social Security cards and photo identification**
- Bring all documents and information pertaining to 2016 taxes
- **Bring a copy of your 2015 filed tax return with any notices of adjustments**
- Bring information pertaining to health insurance during 2016